

# STREAK

february 1981

volume III

number 1



## ANNAPOLIS STRIDERS

ANNAPOLIS STRIDERS, INC.  
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Annapolis, Maryland 21404

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# "STREAK"

## ANNAPOLIS STRIDERS

volume III number 1

february 1981

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*Special thanks to  
R. L. Hillman*

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The STREAK, a bi-monthly publication, is the official communicative device of the Annapolis Striders, P.O. Box 187, Annapolis, Maryland 21404. Letters to the Editor, as well as other articles, are heartily solicited and may be sent to the above address. Permission is hereby granted to reprint any article appearing herein provided that the source is acknowledged. Permission cannot be extended for material from a copyrighted source.



# MONEY NEWS

Our treasurer reports that we have a balance of \$2300 on hand. Expenses for the month were--(1) \$230.45 - RRCA membership dues so that each club member will get the RRCA newsletter; (2) \$230.45 - race insurance protection.

Club T-shirts are available as follows:

Regular	silver w/maroon navy w/white	\$4.00
Singlets	white w/navy white w/red	\$6.50

Shirts may be purchased at the Athlete's Foot on West Street or by mail from the club (include 75¢ if ordering by mail).

All kidding aside, in most cases, running is a pretty safe sport, but every once in a while there'll be a "klutz" like me who will need first-aid. I'm happy this will no longer be a problem and a first-aid kit will be available to runners. Louise Zeitlin

## "VALENTINE'S DAY HUG"

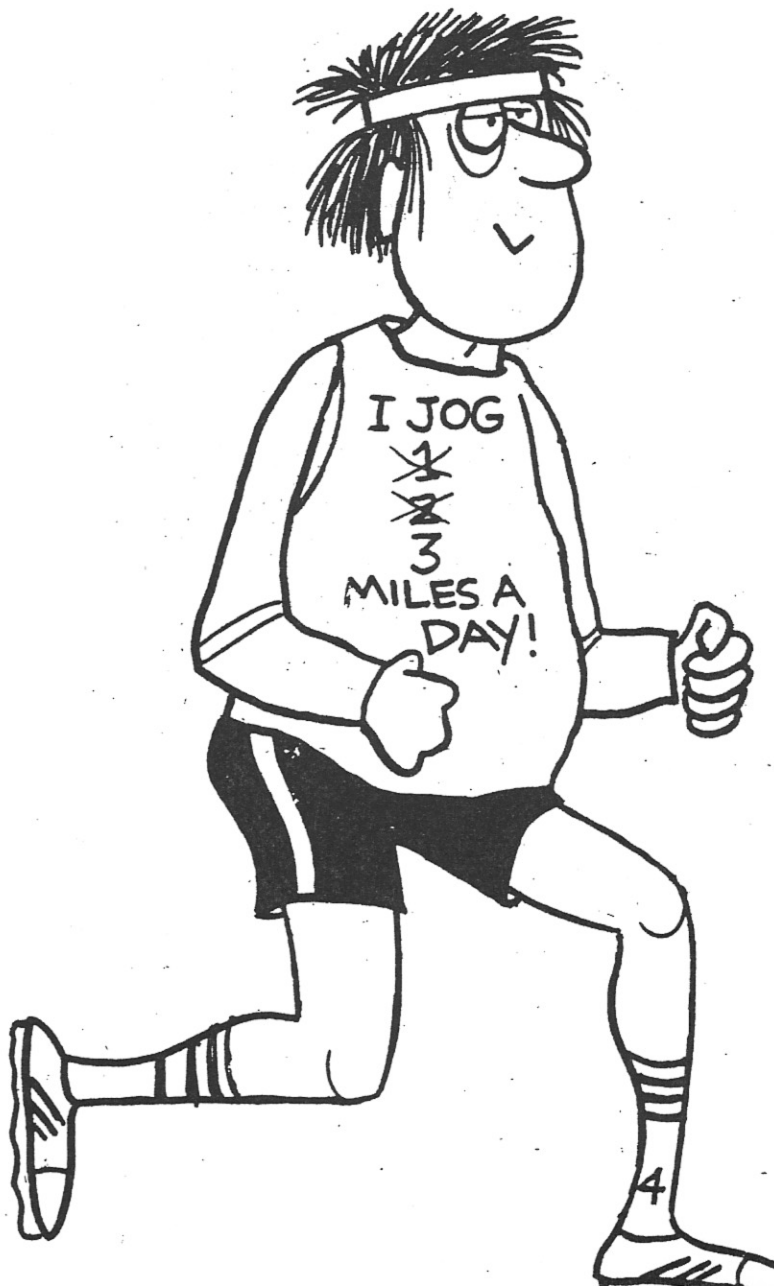
While running on Valentine's Day I saw a long time friend and thought I'd come up behind him with a surprise hug.....his reply...as my arms encircled his waist - "I would've been shocked if this didn't happen to me all the time!" A. Runner

Send us your interesting, funny, amusing, clever...and/or informational stories...we'd love to print them!!!

# RUNNING SHORTS

## "FIRST-AID KIT.....EXCELLENT IDEA"

I would like to say I was pleased to read in Streak that the club was purchasing a first-aid kit. What an excellent idea! I sure could have used it in the 2nd Anniversary Run. You see, just as I was coming around the field the first time, I tripped and took a very nasty fall scraping my knees, hands, lip & nose - boy what a mess! In any case, I was quickly helped by a couple of my fellow runners, who by the way I'd like to thank for stopping their run to assist me. I was then offered a ride by a spectator who drove me to the Naval Academy Field House. However, once I arrived there wasn't anyone to assist me-if there was I did not see anyone. I took care of myself, but had no band-aids, etc. to care for my wounds-which by the way would have taken the whole kit to fix me up-I was such a mess! I guess I'm in good company with Bill Rogers who also fell in NYC.



# COOKIN' ON THE RUN

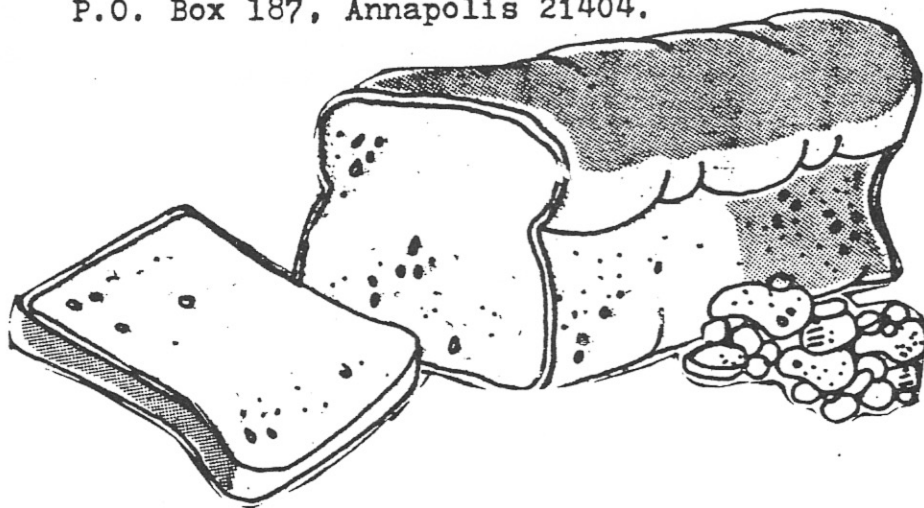
Here's a power-packed quick bread recipe from Liz Barclay--

## BARCLAY'S BANANA BREAD

- 1 Tbs. lemon juice
- 1 cup ripe bananas, mashed
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup butter
- $2\frac{1}{2}$  cups whole wheat flour
- $\frac{1}{4}$  cup rolled oats
- $\frac{1}{4}$  cup wheat germ
- $\frac{1}{2}$  tsp. salt
- 1 tsp. baking soda
- 1 cup chopped dates
- 1 cup chopped walnuts
- $\frac{1}{2}$  cup sunflower seeds

Cream lemon juice, bananas, brown sugar, and butter. Combine dry ingredients and add to creamed mixture. Stir in fruits, nuts, and seeds. Spoon into greased loaf pan. Bake at 350 degrees for 1 hour.

-----  
Keep the recipes coming. Send to the STREAK c/o Annapolis Striders, P.O. Box 187, Annapolis 21404.



## BOOK LOOKS

THINK POTASSIUM!

How To UP YOUR POTASSIUM, A Diet Guide and Cook Book. By Corinne Azen Krause. 1979. 124 pages.

Who needs a high potassium diet? Athletes who lose potassium through perspiration. A diet high in potassium presents the best chance for preventing deficiency which is most commonly characterized by general weakness and muscle aches.



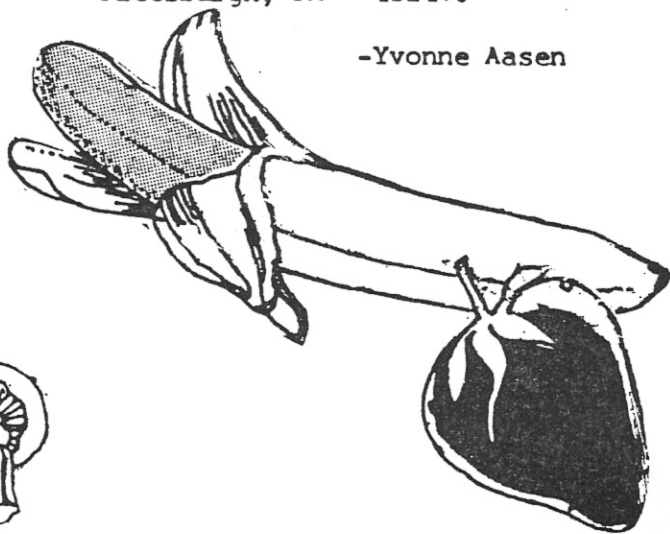
Bananas, baked potatoes, and oranges can't be beat to up your potassium. Cantalope, other melons, apricots, peaches and strawberries in season are excellent. Acorn squash, broccoli, cauliflower and carrots are high potassium vegetables as are salads and mushrooms. Navy beans, limas, kidneys, and lentils contain potassium. Surprisingly, yogurt, pudding and wheat germ are on the high list. Snack on unsalted nuts, dates, raisins or fruit juice.

Mrs. Krause, who thoroughly researched her information, writes also for another group of people who need high potassium diets--those on diuretic medication (which leaches potassium from the system) to control high blood pressure. Physicians frequently order blood tests for these patients to check blood serum electrolytes to determine if there is a potassium deficiency. High dosage supplements of potassium should only be taken with a prescription under a doctors supervision. For these people hints for salt and cholesterol control are included--information which could be useful to most everyone.

Ninety eight pages of recipes list varied and tasty dishes: Appetizers, soups, salads, main dishes, meat accompaniments, vegetables, breads, dressing & sauces, and desserts. You'll find new recipes and variations of old favorites from Broiled Lemon Chicken or Orange Spinach Salad to Carrot Cake Best Ever.

Available \$6.30, spiral bound. Potassium Cook Book, P.O. Box 81096, Pittsburgh, PA 15217.

-Yvonne Aasen





# WHATS COMING UP

DATE	Race/Run	LOCATION	TIME	RACE DIRECTOR
March 1 SUN	<u>METRIC MARATHON</u> (16.4 Miles) #1 of 1981 Club Champ Series	Southern High School Route 2, Harwood, Md	9AM	Bart Rohrback
March 8 SUN	<u>RRCA Regional Meet</u> (10 Miles) See Enclosed Announcement	Howard Co. Commun. College	10AM	Call Mike Van Beuren for teams
MARCH 21 SAT	<u>ANNUAL MEETING HANDICAP 10K</u> Race to be held after the meeting	Germantown Elementary School, Anna.	3 PM (approx.)	Nate Betnun
April 5 SUN	<u>CHERRY PIT</u> (10 Miles) #2 of 1981 Club Champ Series	South River High School, Rt. 214, Edgewater	2PM	Ron Fisher
April 19 SUN	<u>TOUCAN TROT</u> (5 Miles)	Bay Ridge	9AM	Tim Dahle
May 2 SAT	<u>TRUXTON PARK 5 Miles</u> #3 Club Champ Series	Hilltop Lane Annapolis	8AM	?
May 10 SUN	<u>PARENT/TOT MOTHER'S DAY RELAY</u>	Anna Sr High Sch, Riva Rd, Anna	8AM	?
June 21 SUN	<u>LOCH HAVEN 10K</u> #4 Club Champ Series	Loch Haven Edgewater, Md	8AM	Orv Pratt
July 5 SUN	1st Training Run for Anna, 10 Miler	Anna Sr High Sch Riva Rd	7:30AM	
July 19 SUN	2nd Training Run for Anna, 10 Miler	Same As Above	7:30AM	
July 26 SUN	<u>WOMEN'S DISTANCE FESTIVAL</u> (for all runners) 5K #5 Club Champ Series	USNA	8AM	?
Aug 2 SUN	3rd Training Run for Anna 10 Miler	Anna Sr High Sch Riva Rd, Anna.	7:30AM	
Aug 16 SUN	4th Training Run for Anna 10 Miler	Same As Above	7:30AM	
Aug 30 SUN	<u>ANNAPOLIS RUN</u> (10 miles)	USNA Stadium & thru town	7:30AM	Walt Eilers
Sept 27 SUN	NATURAL LITE SEVERN RIVER HALF-MARATHON	[to be announced]	8 AM [tent.]	Jim Katcef, Al Cantello
Nov 29 SUN	<u>COLD TURKEY 20K</u> #6 in Series	So. River High Sch, Edgewater	10:00AM	
Dec 29 SUN	<u>ANNIVERSARY RUN 15K</u> #7 in Series	USNA	11AM	

# PRESIDENT'S PRATLINGS

Being the chief executive of an organization in its infancy has mixed blessings. There are no traditions to break or "old-timers" to offend but then there are no traditions to follow or benchmark events to strive to surpass. Nonetheless, one thing which I have observed which seems to be common among successful RRCA affiliates in the East is the longevity of its presidents. I had been disappointed when our first two excellent leaders, Rob Bushnell and Ron Fisher, chose not to seek re-election. Consequently, I had hoped to establish the "tradition", insofar as the nominating committee might acquiesce, that the Striders president serve at least two terms. Thus, it was with deep regret that I had to advise the nominating committee last month of my decision not to seek another term as president. The press of spring commitments and the prospect of succeeding commitments clearly dictated that it would not be fair to you, to my family, or to myself to attempt to serve again at this time. Nevertheless, I do hope to be able to continue my activity with and for the club, particularly in regard to the "new" Annapolis Run and the "new" Severn River Run.

We did, I hope, establish some other "traditions" this year. The Annapolis Run finally achieved the recognition it deserved as a major national ten mile road racing event. The club underwrote the cost of attendance by a delegate at the annual meeting of the RRCA. Striders formally participated in various capacities as workers in neighboring road-racing events, namely, Maryland Marathon, Hecht Co. 10-miler, Marine Corps Marathon, Constellation Run, Lady Equitable, and B & A 10K.

There have been some noteworthy successes this year which I am confident will develop into traditions. Alice Weathersbee has turned the club newsletter into a first class publication, far exceeding the quality of neighboring running clubs three times our size. She and her dedicated staff deserve applause from all Striders. The best manner of expressing your approval is by sending in letters to the editor and contributing articles and tidbits.

The race/run schedule put together by Don Waddington and his "assistant", Nancy, would have been commendable in



itself but with the addition of the six leg championship series, the club has finally achieved the comraderie and competition which is so essential to the success of a running organization. The interest in the 1981 series in evidence enough of the respect for the 1980 series.

Other proud moments of the year have been the installation of a Striders' phone (now listed in the '81 book!) and answering device); the accumulation of various race paraphernalia; regular, well-attended monthly Board meetings; co-hosting the week-long visit of the Oxford/Cambridge University cross country teams; the popular Pizza/Olympic Film Nite at Buzzy's; the birth of our first affiliate group, the J'AAGHers (Joggers of the Anne Arundel General Hospital); the establishment of a regular series of track workouts; and the involvement of women in marathon-ing through the vehicle of that subversive para-military group, "Moore's Marines".

(more when?) ?! ? over 7

Of course, there have been disappointments and failures. I'll leave to others the task of recounting and recording these! Fortunately, the successes far surpassed them.

I hope you join me in my excitement about what the future holds for us. The Annapolis Run has a new look, a new course, and a new sponsor. The Severn River Run will be a Striders' event this year (Sun., Sept 27th), will get longer and better, and be known as the "Natural Lite Severn River Half-Marathon" (part of the national series). The membership rolls have been computerized which will ease the burden of communicating with and coordinating the enthusiasm of our 700+ members.

I thank each of you for your cooperation this year and for allowing me the opportunity to serve you. Special thanks to Lisa & Heidi Hillman, Mike VanBeuren, Margit & Walt Eilers, Don and Nancy Waddington, John & Jayne Astle, & Rob Bushnell.

*Dick Hillman*



## EDITORS REMARKS

The response to the first issue of the Streak has been gratifying. We received several letters to the editor and heard many favorable comments.

We would like to thank San Chastain of Best Impressions, Inc. for printing the Streak at a nominal cost. If you need an excellent printer, please patronize her establishment on Randall Street.

We have had a number of volunteers come forward to help us with the newsletter. We appreciate their help. Our biggest problem is in preparing the printed newsletter for mailing. We have to assemble ten to twelve sheets in order, staple them together, fold them, re-staple and stick on a mailing label 500 times so that each of you can receive this newsletter. It is a matter of one two-hour session with ten people and beer. Don't worry about running that day, because you'll get your exercise around the table assembling the Streak.

If you can help us put the Streak together for mailing, please call the Hot Line, 268-1165 and leave your name and phone number.

## DEAR ALICE

Dear Alice,

Congratulations on putting together a useful and informative newsletter. The Streak is a quantum improvement over previous newsletters, and since I cancelled my subscription to the rapidly deteriorating Runner's World, a welcome addition to the world of useful running literature.

.....I would like to correct an error in my Maryland Marathon time. I finished 49th with a time of 2:38:16.

Sincerely,

Steve Hull

Dear Alice invites your letters to the editor. It's your forum for feedback of comments, questions or information. Address your letters to:  
Dear Alice  
c/o Annapolis Striders  
P.O. Box 187  
Annapolis, Md. 21404

NOTICE

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ANNAPOLIS STRIDERS, INC.  
 THIRD ANNUAL GENERAL MEMBERSHIP MEETING  
 SATURDAY, MARCH 21, 1981  
 1:30 P.M. SHARP!  
 GERMANTOWN ELEMENTARY SCHOOL  
 Cedar Park Road  
 Annapolis, Maryland

PROGRAM: BRIEF BUSINESS MEETING

CLINIC: PHIL JACKMAN, EVENING SUN

JOHN ROEMER, PROMINENT MARYLAND RUNNER

3:30 P.M. - 10K HANDICAP RUN - NATE BETNUM

5:00 P.M. - POT LUCK SUPPER - Bring enough of a Main Dish, Salad or Dessert to feed all the people in your group. (We'll all be hungry!)

5:30 P.M. AWARDS CEREMONY  
ELECTION OF OFFICERS

The Nominating Committee, consisting of Gerte Spadone, Eric Peltosalo, Beth Zehe, Randy Fox, Nancy Waddington, John Butterfield, Bill Law and Chairman Ben Moore met recently to select individuals to serve as President, Vice President, Secretary and Treasurer in the 1981-82 season.

the annual meeting which will be held at Germantown Elementary School on Saturday, March 21, 1981.

The committee selected the following individuals:

Others interested in serving as an officer of the Annapolis Striders may be nominated from the floor at

President	Mike Van Buren
Vice President	Rob Bushnell
Secretary	Guy Riccio
Treasurer	Nate Betnun



Annual Meeting



# The Best of the STREAKers



Dick Hillman

Photos by Demetrios N. Fotos

Best looking Annapolis Strider: Andrea Nelson.

Why I like to run: Quiet period during the day to relax and unwind.

Shoe that I use: Left foot New Balance, right foot same (usually together.)

Under garment: None.

Do you run in foul weather: Oh yeah.

What time do you run: Late afternoon.

Longest distance ever ran: Marine Corps Marathon plus 1½ miles from where I parked car to start (late).

Shortest distance ever ran: One hundred yard dash intramural college meet.

What are you running for now: No comment.

Advice to future runners: Don't run with Eric Peltosalo.

Who should we interview next: Gerte Spadone.

## "Adidas" Art



A controversy has arisen over whether the picture above is an apple core with a rose petal on top or a punk rock concert on top of Mt. Everest. To bring an end to the argument we have consulted our own resident artist W. A. S. III whose signature appears to be in the lower right hand corner. With some indignance he emphatically informed us that it is something we Annapolitans see daily and consider the symbol of our fair city. Yes, to be sure, it is the dome of the State Capital as viewed running up Francis St; in truth drawn by his own hand while running up St Francis St. Now Mr. Smith has not gone so far as to say he has created a new form of artistic expression. He is simply trying to promote his new column, "Adidas Art". We all know there are hundreds of you runners

out there itching to express yourself artistically. The Streak is asking that you share this expression with its readers. Please send any and all artwork, drawing, paintings, poetry, prose, photographs etc, (It has been rumored that Rob Bushnell is preparing to submit an ink print of the sole of his shoe on the back of Mike Van Beuren's shirt) to the following address.

Each submittal will be reviewed by W.A.S. III and as many as possible will appear in our coming issues. Please don't be shy. After all you can't help but do better than an apple core that resembles a punk rock concert.

ADIDAS ART  
Annapolis Striders  
P.O. Box 187  
Annapolis, MD 21404

## MORE MONEY NEWS

Walt Eilers, Race Chairman, reports the following income and expenses for the 1980 Annapolis 10-Mile Race:

Income	\$ 15,651.39
Expenses	14,980.63
Balance	\$ 670.76

The Board of Directors voted to send the balance of \$670.76 to the American Heart Association, Anne Arundel County Chapter to sponsor running related activities.

## Boston-bound

### ANNOUNCEMENT:

The Annapolis Striders are renting a van to go to the Boston Marathon this April. We are also in the process of reserving rooms at discount rates for those who need lodging in Boston. Any runner, spectator, or supporter who wishes to be part of our group, please contact Mike Van Beuren, 239 Hanover St., Annapolis, Md. 21401, 301-268-8125. We'll be leaving Saturday morning, April 18, and will return Tuesday, April 21. Please telephone for details. Only eight spaces remain available. 10

# THE BEGINNING JOGGER

It's not unusual for beginning joggers to feel a sharp pain in the upper abdominal area. This is known as a "stitch," and faulty breathing is one of the primary culprits. Be sure to breathe from your diaphragm, not from your chest. Barbara Pike in The Complete Woman Runner suggests that you check your breathing by lying flat on the floor with a book on your stomach. You should see the book move up and down as you breathe.

Stitches are apt to occur when you "overbreathe," i.e. when you slow down your running pace without slowing down your breathing rate you become a good candidate for a stitch. The object is to develop and maintain a rhythmic breathing pattern. Remember as you slow down or reduce your physical effort running to cut back on your breathing. As you practice, you'll be able to determine your best breathing pattern. Pike suggests by starting out breathing in for four steps and breathing out for four steps. Other variations are to breathe in for four steps and out for three steps or in for two steps and out for two steps, etc.

The important point to remember in handling stitches is that they have a direct correlation with breathing. If you feel a stitch coming on, either pick up your running pace or slow down a little with your breathing. Another suggestion is to exhale in two or three short breaths instead of one long breath. One more possibility is to try a variation of fartlek where you alternate fast running (50 to 100 yards) with walking.

While stitches are not serious, they are a big nuisance - and they can plague even well trained runners. The next time you feel a stitch, try some of the above suggestions - I guarantee they really work.

---

\*Information in this article is based upon Barbara Pike's chapter "Dressing, Coping and Racing" printed in The Complete Woman Runner (Mountain View, CA: World Publications, 1978), pp. 92-93.



## BOARD ACTION

BOARD ACTION: Annual Membership Meeting set for Saturday, March 21, 1981 at 1:30 P.M. Sharp! at Germantown Elementary School. (see notice in this newsletter).....  
....Annapolis Run, 1981 planning is well under way - Race Chairman, Walt Eilers needs volunteers! Call Walt or Nancy Waddington to volunteer. There is much to do and we (Striders) are the ones who will do it and that means you!  
....Dave Overstreet has obtained a first-aid kit for Strider-sponsored races....Rob Bushnell gave prices on starting pistols and megaphones. The Board gave its approval for purchase.....The Board voted to donate the proceeds from the 1980 Annapolis Run to the Anne Arundel County Chapter of the American Heart Assoc.  
....Public Relations Chairman, Don Rosenshine will try to get more publicity for running related events in Evening Capital.....An artist has been commissioned to come up with an exciting award for the Club Championship Series award winners.....A 10-mile road race to be held at Howard County Community College on March 8, 1981 will be sponsored by the Regional Road Runners. We will need a TEAM of at least fifteen people to SCORE. There is an entry blank in this newsletter and you may list Eric Peltasalo as TEAM CHAIRMAN.

# TRAINING TIPS

from Eric Peltosalo

## GETTING STARTED AGAIN

You've been grounded! You've either been prostrated from the flu or the extreme cold weather has kept you in. You haven't run for weeks or months. You should start running again. You want to start but you just can't seem to push yourself out the door. Here are some words of encouragement from Eric.

If you've had the flu, once you're well and no longer running a fever it should be safe to run again. But don't overdo it. You can't jump right back to the level you had before. You've lost some ground in ability. You'll probably feel fresh but don't over-extend the first few days out. Don't overlook fluids--you'll need to be in the habit of drinking more as the weather gets warmer anyway.

Those who were intimidated by sub-freezing temperatures the last few months also need to be cautioned don't overdo it! Start back gradually even though you may feel very strong. Your body has missed several months of training. You can hurt, tear, strain if you try to resume your former stance. Your miles should be substantially less than you ran in the fall. Increase gradually. Increments will be different for each individual.

Don't forget stretches or some form of warmup particularly if you're going out early in the morning. Allow 1/2 hour to 45 minutes to fully wake up. Drink a cup of tea or juice or whatever. Warmup is important because you're more injury prone on cold mornings.

Avoid overdressing as long as the weather is still cold. You're probably wearing too much if you feel warm when you step out the front door. Its best to wear many light layers that afford some protection but will allow "breathing." Shortly after beginning your

body becomes its own furnace and you warm up. Unless its bitter cold--below zero--there should be no danger of hurting your breathing apparatus, your lungs and throat. You're sure to notice how great the air quality is in cold weather.

Be careful to avoid hypothermia (a drop of one or more degrees in the internal body temperature). If your clothes get wet hypothermia can occur in temperatures as "mild" as 30 to 50 degrees F. Symptoms include slurred speech, loss of coordination, stumbling, mental deterioration and intense shivering. It is life-threatening so get out of the cold at once.

To conclude, don't let the remaining weeks of winter keep you in. Its exhilarating to run in cold weather. It makes you feel good, both mentally and physically. It may be hard work to get back in the swing of it but stay with it until you rediscover the joys. There are a lot of things that can get you back into the spirit when your interest lags. Go to the Naval Academy grounds at noontime and see hundreds of people running. That can psyche you up. Volunteer for one of the club events to get back into the flow of things. Above all just go out and do it! If you start now you'll be ready when the nice weather comes. You'll be glad you did.

## REGIONAL TRACK MEET

South River High School Track Team will sponsor a regional track meet on Saturday, April 11, 1981 with twenty-six other schools attending. South River needs volunteers to serve as judges, timers, etc. Call Nancy Waddington, 956-2061 if you can help.

## *Train with Eric*

Track work out sessions will be returning to USNA track (opposite soccer field, behind library) effective March 5, 1981 at 6:00 P.M. Tuesdays and Thursdays. Everyone welcome! 12



# BERMUDA HIGH

First off, many thanks to Bob Wyatt of Great Journeys for arranging this trip for us. Our accommodations were fantastic, the food was superb, and it was great having all travel arrangements taken care of.

Five of us left B.W.I. and the frozen wastes of the Chesapeake Bay on Thursday, January 22: Rob and Pat Bushnell, John and Chris Hall, and myself. After carefully negotiating the Bermuda Triangle we landed in warm sixty degree breezes. Many of the passengers arriving with us were runners too, dead giveaways in their running shoes which were visible at the bottom of their overcoats. We headed off to the hotel in a couple of taxis. What a hilly island!

What a hilly island! I asked the driver if all the roads were like the one we were on, hoping that the marathon was held on a flatter part of the island. He proceeded to point out the mile markers for the race and all I could do was pray to the God of shin-splints.

We stayed at the Horizons, just outside of Hamilton. It was just a short run into town and we were right next to the center of activity for the two races, the Elbow Beach Hotel. We had peacefulness and comfort where we were, but could walk over to the circus of running clinics and seminars held that weekend.

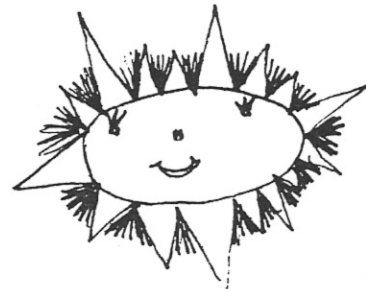
The 10K was on Saturday and the Marathon, Sunday. That gave us enough time to relax and explore the island by bus. Running is a different experience down there. The cars are only allowed to go 20 mph and drivers show a lot more respect for you which is a good thing, too, because they use English traffic patterns and the roads are very narrow and winding. It was great to go out for a morning run through the banana trees and hibiscus flowers, instead of through the road salt and ice patches.

The wind blows fairly steadily during the winter and brief showers often pass but they really didn't seem to be such a nuisance. It rained intermittently during the 10K. Geoff Smith of England and Grete Waitz took top honors; John, Chris and Pat took what was left. Sunday's Marathon was windy and sunny and although the course included a large circular circuit of the island, the wind blew in your face the whole time. From the race course you could often look out over the ocean and dream of less painful experiences. Andy Holden won for the third straight year and Kiki Sweigart was the women's champion. She looked quite strong in the final mile. I was there, watching, walking. The hills were a little too much for me, but friendly Bermudians were cheerfully pointing out the way back to the stadium. Maybe I'll run the 10K if I return again.

Those Striders who thought you would go, but didn't, really missed out on a great opportunity. I hope we can get together in larger numbers and do this again in 1982. As they say down there, these races are "road-racing's best kept secret."

Until then I'll be thinking: "If you want to race hills, you've got to train hills." Let the following be a warning: 10K John Hall, Jr. - 50:13; Pat Bushnell & Chris Hall - 53:04. Marathon: Mike Van Buren - 2:44:22; Rob Bushnell - 3:16:13.

*Mike van Buren*



# "jAAGHers" join us

# 1981 Champs

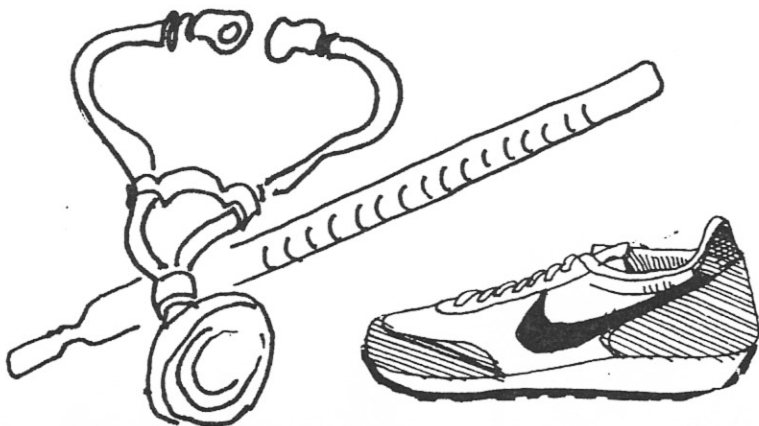
CONGRATULATIONS STRIDERS! YOU NOW HAVE AN AFFILIATE!

Fellow runners at the Anne Arundel General Hospital (mostly Sue Patton's Pacers and Marty Rosenberg's Raiders) have formed "The jAAGHers", the official jogging club of the Anne Arundel General Hospital. After several organizational-type meetings, the group has formulated the following goals:

1. To promote health awareness, both in the Hospital and in the community.
2. To improve the physical fitness and mental well-being of its members through the promotion and encouragement of jogging and long-distance running.
3. To provide medical assistance to the Annapolis Striders.

Membership is open to any member of the Hospital family which includes employees, physicians, Auxilians, members of the Hospital Association, Board of Managers, and their immediate families. Much like the Striders, jAAGHers shun too much organization, preferring to convene as needed. The group elected to affiliate with the Striders to enjoy the advantages of a local, well-established running club.

If you know of anyone who qualifies for membership in the jAAGHers, please contact Public Relations at the Hospital, 267-1348.



## 1981 CLUB CHAMPIONSHIP SERIES

This is a group of club sponsored races in which you compete against other club members for club recognition in your age group. All you have to do is sign up at your first race and the lowest total score for the year wins in your age group. Below are more details on how the series works:

The series this year will have seven races; 5k, 10k, 20k, 5 mile, 10 mile and a metric marathon (16.4 miles). The 5k, 10k and the 5 mile races will be held in warm weather. The 15k and 20k will be part of the winter running schedule. The 10 mile and the metric marathon will be held in the spring.

You will accumulate points for the entire series. Your points will not be your overall finish, but your finish in your age group. You will be able to throw out your TWO worst scores (races). You do not have to be a winner to place high in your age group as attending as many races as possible is to your advantage.

Anyone working a race will be given the opportunity to run the course and have their time recorded for the series race.

Your age this year will be based on the date of the first race - March 1, 1981. You will run in that age group for the entire year.

The age groups for the yearly awards are:

Men - 14 & under; 20 - 29, 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 & over.

Women - 14 & under; 15 - 19; 20 - 29; 30 - 39; 40 - 49; 50 & over.

There will be special awards given to persons running all 7 races. The awards given out at each race have nothing to do with the yearly awards. Each race director decides the awards for "his" race. 14

# Message

A MESSAGE FROM THE PRESIDENT NOMINATE:

I am honored and excited about my nomination as the next Strider's president. The club has come a long way since it was founded due to the hard work and imagination of many. It has been an inspiration working with all of you in the past and I know that 1981 will be no different.

Although my election March 21st is by no means a forgone fact, as the sole nominee for the post, I'd like to propose a few goals that I think we should try to achieve.

- \*\*reinstitution of fun runs as a central part of our race/runs.
- \*\* initiation of regular press coverage of our runs.
- \*\* starting a developmental youth program
- \*\*continuation and expansion of our ties with other running clubs.
- \*\*establishment of new running routes in the area; these should be safe and suitable for holding club runs.
- \*\* completion and implementation of the computerized record of our 700 some members.
- \*\* organization of inexpensive group transportation to popular distant races.
- \*\*expansion of the club's visibility in the community and amplification of our service and purpose therein.
- \*\*holding at least one race for the benefit of the U.S.Naval Academy, as they do so much to help us.

These are just a few ideas. I look to all of you for more; with the HOT-LINE I'll always be as close as the nearest phone. Past presidents, Hillman, Fisher and Bushnell have done great deeds and taken great strides making the Annapolis Striders an outstanding roadrunners club. With their existing programs, not to mention the fine work of our great committees, I know the club will thrive this coming year.

Mike Van Beuren

## BY-LAWS

ADOPTION OF THE FOLLOWING AMENDMENTS TO THE BY-LAWS OF THE ANNAPOLIS STRIDERS, INC. WILL BE CONSIDERED AT THE ANNUAL MEETING TO BE HELD SATURDAY, MARCH 21, 1981, 1:30 PM, GERMANTOWN ELEMENTARY SCHOOL, CEDAR PARK ROAD, ANNAPOLIS.

I.  
(new article)

### ARTICLE XI. AFFILIATES & SUBSIDIARIES

The Board of Directors may establish terms and conditions for an organization to become affiliated with or subsidiary to this organization. In addition to any other terms and conditions, the affiliate or subsidiary shall have as one of its purposes the improvement of the physical fitness and mental well-being of its members (or the community in general) through the promotion and encouragement of long distance running, and shall not adopt purposes or conduct programs which conflict with the purposes and programs of this organization. Individual affiliate or subsidiary members shall fulfill the requirements of regular membership in this organization.

II.  
(Proposed amendment to existing article; [ ] = stricken language; \_\_\_\_\_ = new language)

### ARTICLE VIII. BOARD OF DIRECTORS

Section 2. Composition. The elected officers of this organization together with the Race Director, [and] the chairman of each standing committee, and the designated representative of each affiliate and subsidiary shall constitute the Board of Directors of this organization.

# 268-1165

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS.

USE IT FOR THE FOLLOWING :

- A. TO OBTAIN INFORMATION ABOUT UPCOMING EVENTS, RACES AND FUN RUNS.
- B. TO RECORD YOUR TIME FROM A RACE IN WHICH YOU PARTICIPATED FOR LISTING IN THE NEWSLETTER.
- C. TO MAKE A SUGGESTION OR TO REGISTER A COMPLAINT.
- D. TO VOLUNTEER YOUR SERVICES.
- E. TO OBTAIN FACTS ABOUT THE ORGANIZATION FOR NEW MEMBERS.
- F. TO RECEIVE RUNNING TIPS.
- G. TO MAKE OBSCENE, BUT ALWAYS RUNNING-RELATED, CALLS.

## APPLICATION FOR MEMBERSHIP DATE: \_\_\_\_\_

NAME \_\_\_\_\_

LAST	FIRST	INITIAL	SEX
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ADDRESS \_\_\_\_\_

STREET	POST OFFICE	ZIP	DATE OF BIRTH
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PHONE: \_\_\_\_\_

OCCUPATION \_\_\_\_\_ HOME \_\_\_\_\_ WORK \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Committee Preference: _____	DUES: Individual \$5.00
Race/Run _____ Newsletter _____	Family \$9.00
Property/Awards _____ Membership _____	[list complete info for each member]
Publicity _____ Clinics/Training _____	Full Time Student \$3.00
Other _____	[school: _____]
	T-shirts (circle size) \$4.00
	Male S M L XL
	Female S M L XL
	Child S M L
	Tank Tops (circle size) S M L \$6.50

ANNAPOLIS STRIDERS, INC.  
P.O. Box 187  
Annapolis, Maryland 21404



\* Shirts are available at the Athlete's Foot 47 West Street, Annapolis, at most Strider functions, or by mail with a .75 per shirt postage charge



# RACE RESULTS AND STANDINGS

Annapolis Striders  
20nd Anniversary Race 12/28/80

15K - USNA

1. Dan Rincon	49:33	51. Fred Betz	65:19
2. Mike Van Beuren	50:00	52. John Boertlein	65:42
3. Mark Patterson	50:09	53. Marty Rosenberg	65:43
4. John Kavanagh	50:41	54. Frank Rothgeb	65:49
5. Steve Hull	50:45	55. Robert McGreeny	65:52
6. Ben Hyser	53:43	56. Tom Trescott	65:59
7. Glen Shoemaker	54:06	57. Michael Tenner	66:00
8. Eric Peltosalo	54:08	58. William Smith	66:09
9. Jeff Dehi	54:56	59. Walter Lewis	66:14
10. David Ciccarelli	55:58	60. Julia Lowe	66:19 *
11. Geoffrey Mason	56:22	61. Fred Jacoby	66:34
12. Ray Harrison	56:36	62. David Gordon	66:44
13. William Quillen	56:46	63. John Gudas	66:52
14. Bernard Topper	56:51	64. Randy Fox	67:09
15. Jim Lovell	57:27	65. David Watkins	67:27
16. Jeff Zehe	58:25	66. James Gingell	67:35
17. James Aswoodcock	59:00	67. Walter White	67:42
18. Myron Cambell	59:11	68. Mike Chamberlain	67:48
19. Steven Cary	59:19	69. Jed Boertlein	67:50
20. Michael Keith	59:25	70. Don DeLude	67:54
21. Tim Cary	59:33	71. James Adkins	67:55
22. Thomas Momiyama	59:37	72. Peter Foussos	67:56
23. Don Rosenshine	60:09	73. Michael McAusland	67:59
24. Tony Chastain	60:30	74. Tim Dahle	68:05
25. Daniel Fratino	60:45	75. Gregory Berg	68:29
26. Clay Shaw	61:27	76. Kim Derwin	69:07
27. Tim Lesage	61:37	77. Jack Quinn	69:13
28. Joseph Deak	61:37	78. Gene Wright	69:28
29. Norman Saunders	61:46	79. Andrea Nelson	69:36
30. Robin Kelley	61:53	80. David Lesser	69:44
31. Nate Betnum	62:05	81. William Simmons	69:55
32. Edwin Polk	62:10	82. Orv Pratt	69:57
33. Earl Smith	62:23	83. Albert Bressi	69:58
34. Jack Lowe	62:27	84. Tom Walters	70:01
35. Tillman Johnson	62:33	85. Dale Vogel	70:08
36. Charles Walsa	62:33	86. Win Dunwell	70:14
37. William Haag	62:39	87. Pietro Salatti	70:20
38. John Major	62:47	88. Gary Goodman	70:30
39. Warren Cooper	62:56	89. Jon MacLean	70:35
40. John Cary	63:11	90. Wilford Scott	70:36
41. Rob Bushnell	63:42	91. Danalee Green	70:37
42. Bruce Springer	63:50	92. Robert Nace	70:48
43. Kwin Knapp	63:59	93. Robert Leichtman	71:01
44. James Alward	64:05	94. Larry Sullivan	71:02
45. Peter Nelson	64:10	95. James Storey	71:09
46. David Shenkenberg	64:11	96. Bill Hopkinson	71:38
47. Dick Hillman	64:42	97. John Blackmore	71:45
48. Robert Beneze	64:52	98. Mike Johanson	71:48
49. Thomas Cole	65:09	99. Karen Claton	72:03
50. Raymond Cooksey	65:10	100. Noel Cuff	72:14
		101. Betty Dziurzynski	72:15

102. Richard Dziurzynski	72:16	151. Ronald Messer	79:29
103. Robert Johanson	72:17	152. Jay Alders	79:30
104. Ben Moore	72:32	153. Michael Smith	79:45
105. Jill Mottus	72:34	154. Virginia Stibolt	80:37
106. Daniel Lasage	72:45	155. Arlan Sears	80:38
107. Mychael Willon	72:47	156. John Wright	80:50
108. Tom Brazaitis	72:55	157. Jack Jones	80:53
109. Richard Jordan	73:11	158. Daniel Foley	81:17
110. Chris Hanlon	73:12	159. Robert Donald	81:18
111. Martin Snider	73:13	160. Milton Ricketts	81:25
112. Gill Cochran	73:27	161. Margaret Cochran	81:26
113. James Fratino	73:28	162. Betty Moore	81:26
114. Patrick Dallosta	73:31	163. Charles Archer	81:37
115. Murray Snyder	73:50	164. James Brannan	81:45
116. Dick Manassere	74:21	165. Eleanor Clift	81:47
117. Rex Myers	74:24	166. Trina Nagele	81:53
118. Yvonne Heffner	74:26	167. Debby Fox	81:57
119. Wayne Reno	74:37	168. Rick Rohrback	82:11
120. Charles Cadell	74:38	169. Leonard Salatti	82:32
121. Ken Thorn	74:39	170. Glen Kmiec	82:46
122. Clement Dimbroski	74:43	171. John Ogle	82:49
123. Matthew Barnes	74:56	172. Rick Weidmann	82:55
124. Robert Moore	74:57	173. Guy Ricco	83:03
125. Betty Impellizzeri	75:26	174. Mary Dryer	83:07
126. Steve Van Rees	75:31	175. Murray Chastain	83:15
127. Kenneth Stibolt	75:37	176. Donald Milstead	83:23
128. Ron Beasley	75:48	177. Joe Manck	83:31
129. Rick Villano	75:50	178. Nancy Waddington	83:38
130. Jerry Caprio	76:42	179. Earl Scott	83:39
131. Clayton Raymond	76:47	180. Donna O'Neill	83:40
132. Donald Lesage	77:04	181. Barb Watkins	84:14
133. Pat Zachary	77:11	182. Linda Colsh	84:15
134. Garland Green	77:19	183. John DeGreck	85:06
135. John Woodall	77:20	184. Ann Manck	85:34
136. Don Kennedy	77:27	185. Tyler Shores	86:23
137. Janet Alward	77:40	186. Brin King	86:53
138. San Chastain	78:05	187. Elizabeth James	87:19
139. Anderson Ward	78:14	188. Nancy Anderson	88:05
140. David Haller	78:16	189. Jayne Astle	88:09
141. James Patton	78:20	190. John Astle	88:09
142. Judith Fitch	78:29	191. Margit Eilers	89:04
143. Robert Fitch	78:31	192. John Kurpuweit	89:05
144. Jay Cox	78:33	193. Hugh Donald	89:44
145. Jeannie Holdahl	78:34	194. Marcia Donald	91:32
146. Eric Beavers	78:36	195. Dave Ryan	91:34
147. Tom McCarriar	78:40	196. Kathie Raines	93:00
148. Delma Miller	79:00	197. Kenneth Rath	93:00
149. Karen Deggendorf	79:07	198. Joan Kludy	93:42
150. Susan Patton	79:19	199. David Overstreet	94:23
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200. Helaine Betnun	95:00	205. Jerry Spencer	99:11
201. Vincent Sarter	95:07	206. Maureen King	99:11
202. Joe Roth	95:10	207. Cindy Prol	102:24
203. Steve Roth	95:50	208. Sheila Loftus	102:24
204. Karen Iserman	95:51	209. ?	109:00

Annapolis Striders Club Championship Series Standings for 1980

MEN	Points						Minus High Score	Total Points
	14 & Under	10K	5K	10M	15M	15K		
<u>14 &amp; Under</u>								
Branin Thorn	3	3	1	35	35	1	35	43
<u>15 - 19</u>								
Richard Jordan	2	35	1	2	4	1	35	10
<u>20 - 29</u>								
Mike Van Beuren	1	1	1	35	1	1	35	5
Steve Hull	2	2	35	1	2	2	35	9
Ed Polk	7	8	6	4	5	7	8	29
Clen Keith	8	10	5	2	4	35	35	29
Warren Cooper	9	11	8	3	6	5	11	31
Tom Fish	3	4	2	35	35	3	35	47
Demetrios Fotos	4	7	4	35	35	6	35	56
Eric Beavers	35	15	9	35	12	9	35	80
<u>30 - 34</u>								
Eric Peltosalo	1	35	1	1	1	2	35	6
Joe Smaldone	3	2	2	2	35	3	35	12
Bernard Topper	2	3	35	3	2	4	35	14
Nate Betnun	5	7	3	4	3	7	7	22
Peter Nelson	10	8	35	7	5	8	35	38
Tim Dahle	6	6	4	35	9	35	35	60
John DeGreck	15	16	7	9	17	35	35	64
Bruce Springer	7	35	35	35	4	5	35	86
Randy Fox	8	35	35	35	8	9	35	95
Jonas Legum	12	13	8	35	35	35	35	103
John Kurpjuweit	35	35	35	8	18	17	35	113
<u>35 - 39</u>								
Rob Bushnell	1	1	1	4	6	1	6	8
T. D. Johnson	3	2	2	2	4	2	4	11
Don Rosenshine	2	3	3	1	2	35	35	11
Charles Walsh	6	6	5	3	4	35	35	24
Dick Hillman	4	7	6	5	7	4	7	26
Mike Chamberlain	35	5	4	6	11	7	35	33
Marty Rosenberg	14	11	7	9	8	5	14	40
Fred Jacoby	8	9	10	8	9	6	10	40
Gill Cochran	10	10	11	10	15	35	35	56
Jim Storey	15	12	35	35	12	8	35	82
Dick Manasserri	12	15	35	7	16	35	35	85
Martin Snider	13	8	35	35	14	35	35	105
Neil Donnely	18	14	12	35	35	35	35	104
Rick Rohrback	19	35	35	35	17	12	35	118
<u>40 - 44</u>								
Orvid Pratt	1	35	3	2	1	4	35	11
Al Segree	4	3	4	1	35	6	35	18
Earl Scott	6	35	8	3	5	11	35	33
Tyler Shores	8	35	9	4	6	12	35	39
Ken Thorn	35	2	7	35	3	8	35	55
Jim Sandison	7	7	10	35	35	13	35	72
Mike Long	35	5	6	35	35	10	35	91

	Points						Minus High Score	Total Points
	10K	5K	10M	15M	15K	20K		
<u>45 - 49</u>								
Ray Harrison	1	1	1	1	1	1	1	5
Dale Vogel	3	3	3	2	2	3	3	13
Buck Cadell	5	9	6	3	4	5	9	23
Jack Jones	4	7	5	35	8	7	35	31
Jim Brannan	6	8	35	35	9	8	35	66
Don Waddington	2	2	2	35	35	35	35	76
Al Stallings	35	6	7	35	35	6	35	89

50 & Over

Ben Moore	1	1	1	35	1	1	35	5
Murray Chastain	6	5	35	35	5	5	35	56
John Cochran	2	2	3	35	35	35	35	77
Jay Alders	35	35	5	35	2	3	35	80
Bill Law	4	35	2	1	35	35	35	77

WOMEN

14 & Under

//////////

15 - 19

//////////

20 - 29

Liz Barclay	1	1	2	1	35	1	35	6
Barbara Watkins	35	2	3	35	2	2	35	44

30- 39

Andrea Nelson	2	3	1	1	1	2	3	7
Danalee Green	1	2	35	3	2	1	35	9
Karen Claton	35	1	2	4	3	3	35	13
Linda Colsh	3	4	10	5	10	7	10	29
Betty Impellizzeri	35	6	35	2	4	4	35	51
Helaine Betnun	10	13	12	9	13	10	13	54
Debbie Fox	5	35	7	35	9	6	35	62
Linda Simpson	8	7	11	35	35	8	35	69
Delma Miller	35	35	35	6	5	5	35	86
Sue Patton	35	9	9	35	6	35	35	94
Margit Eilers	35	16	35	35	12	11	35	109

40 - 49

San Chastain	3	2	3	1	1	3	3	10
Ann Walter	4	4	5	2	35	4	35	19
Priscilla Butterfield	1	1	1	35	35	1	35	39
Nancy Waddington	6	3	4	35	2	35	35	50
Carol Jones	5	6	7	35	35	6	35	59
Jayne Astle	2	5	35	35	3	35	35	80
Dot Quigg	7	7	35	35	35	5	35	87
Carol Huddy	35	35	8	3	35	9	35	90

50 & Over

Margaret Cochran	1	1	2	35	1	1	35	6
Betty Moore	2	2	1	35	1	2	35	8
Gerte Spadone	3	3	3	35	35	35	35	79

1980 CHAMPIONSHIP SERIES AWARDS TO BE PRESENTED AT ANNUAL MEETING  
ON SATURDAY MARCH 21, 1981 AT GERMANTOWN ELEMENTARY SCHOOL



ANNAPOLIS STRIDERS

Race #6 of the Club  
Championship Series '80

Race Results  
15 Mile

Held on 1/18/1981

1	87:45	Jim Brocksmitth
2	91:30	Eric Peltosalo
3	96:04	Joe Smaldone
4	96:11	Bob Leo
5	100:06	Bing Topper
6	100:50	Glen Kieth
7	101:16	Don Rosenshine
8	101:55	Tillman Johnson
9	102:59	David Shenkenberg
10	105:09	Ray Harrison
11	106:12	Nate Betnun
12	106:17	John Major
13	106:39	Chuck Walsh
14	107:36	Warren Cooper
15	108:49	Bob Trescott
16	109:00	Rpb. Bushnell
17	109:06	Dick Hillman
18	109:10	Ollie Naryos
19	110:20	Peter Nelson
20	110:28	Edwin Polk
21	113:13	Bill Law
22	114:20	Edward S. Sitko
23	114:34	J. P. Maclean
24	115:04	Mike Chamberlain
25	115:40	Robert Hawkins
26	116:22	Dick Manasseri
27	116:44	Ray Corksay
28	117:08	Allan Segree
29	117:28	Andrea Nelson
30	117:51	Fred Jacoby
31	118:54	Ovid Pratt
32	119:48	John L. Day Jr.
33	122:18	Betty Impellizzery
34	122:43	Marty Rosenberg
35	122:53	Danalee Green
36	123:28	Tom Trescott
37	124:13	Dale Vogel
38	124:16	Richard Jordan
39	128:16	Karen claton
40	128:16	Bill Kost
41	129:05	Linder Colsh
42	129:05	Gál Cochran
43	129:28	Chuck Cadell
44	129:51	Delmar Miller
45	133:34	Sonny Weide
46	133:34	Diane Kattish
47	133:48	San Chastain
48	133:58	Beth Gordon
49	136:58	John Kurpjuweit
50	137:28	Liz Barclay
51	138:16	Joseph Morbeto
52	144:33	Ann Walter
53	146:12	Earl Scott
54	149:04	Carol Huddy

55	151:24	Tyler Shores
56	154:50	Helanine Betnun
57	154:50	John Degreck

ANNAPOLIS STRIDERS  
Race Results  
Valentines Day Relay  
2/14/81

		Combined	
		Time &	Age
1	Trudy Trumby & Eric Peltosalo	51:22	60
2	Pat & Rob Bushnell	53:16	76
3	Nancy & Don Waddington	54:24	90
4	Helaine & Nate Betnun	54:59	68
5	Mary Kapus & Bill Iaw	55:26	77
6	Bonnie & Willy Denner	55:39	54
7	Anne & Mike Chamberlain	55:46	73
8	Debbie Fox & Dick Hillman	55:58	72
9	Carol & Dale Vogel	56:50	98
10.	Jim Sandison - Single	61:00	

The Valentines Relay for couples was held at the Annapolis Senior High School on Riva Road. The course consisted of two laps on the track with the women starting first. The men ran from the track out to Riva Road to Harry Truman Hwy. and did the loop up around the library headquarters and back to the front parking lot where the women received the baton and then did the same longer loop. The women finished at the track where the men then did the two laps on the track. Total distance was about 3 1/2 to 4 miles. The event was enjoyed by all. We'll plan to do this fun run again.

We held a Fun Run at Sandy Point State Park on Feb. 1, 1981 (Sunday). The day was crisp and sunn. (It was warm when you were running! About 35 runners showed up for this Frost-bite run. A 1-mile warm up was held first then a 5-mile run over the sand and through the woods and trails second. Congratulations to the hardy!

DATE	Race/Run	LOCATION	TIME	RACE DIRECTOR
MAY 31 Sun	Fun Run (1r, 5m)	South River High School, Edgewater	8AM	Don Waddington
Jun 10 Wed	TRUXTUN PARK SERIES (2m, 4m)	Truxtun Park Annapolis	6:30PM	
Jun 13 Sat	MAYORS FUN RUN (Anna 10 course)	USNA Stadium	7AM	John Gudas
Jun 17 Wed	TRUXTUN PARK SERIES	see Jun 10		
Jun 20 Sat	Meeting/Committee Run Loch Haven 10K	Loch Haven Recreation Area	10AM	Orv Pratt
Jun 21 Sun	LOCH HAVEN 10K #4 Club Champ Series	Loch Haven Edgewater, Md.	8AM	Orv Pratt
Jun 24	TRUXTUN PARK SERIES	see Jun 10		
Jul 1	TRUXTUN PARK SERIES	see Jun 10		
Jul 5 Sun	1st Anna. 10 Training Run	Annapolis Mall	7AM	Bill Miller
Jul 8	TRUXTUN PARK SERIES	See Jun 10		
Jul 15	TRUXTUN PARK SERIES	See Jun 10		
Jul 19 Sun	2nd Anna. 10 Training Run	Annapolis Mall	7AM	T. D. Johnson
Jul 22	TRUXTUN PARK SERIES	See Jun 10		
Jul 25 Sat	WOMEN'S DISTANCE FESTIVAL 5K, #5 Club Champ Series	US Naval Academy	8AM	Liz Barclay
Jul 29	TRUXTUN PARK SERIES	See Jun 10		
Aug 1 Sat	Start MARATHON TRAINING	Annapolis Mall	7AM	Ben Moore
Aug 2 Sun	3rd Anna. 10 Training Run	Annapolis Mall	7AM	Don Waddington
Aug 5	TRUXTUN PARK SERIES	See Jun 10		
Aug 12	TRUXTUN PARK SERIES	See Jun 10		
Aug 16	4th Anna. 10 Training	Annapolis Mall	7AM	Bob Corey
Aug 23	Annapolis 10 Committee	USNA Stadium	7:30AM	Walt Eilers

Sep 13 Sun	FUN RUN 2mi/5mi	Truxtun Park Annapolis	7:30AM	
Sep 20 Sun	Severn River Training Run any distance up to 15 miles	Annapolis Mall	7AM	
Sep 27 Sun	NATURAL LIGHT SEVERN RIVER RUN, HALF MARATHON	(to be announced)	8AM	Jim Katcef, Al (tent.) Cantello
Oct 10 Sat	FUN RUN 1mi,2mi,3mile	Anne Arundel Comm. College	9AM	Bill Law
Oct 11 Sun	CAPITAL TO CAPITAL 2nd ann. (J.F.K. 50 Training Run)	Wash. D.C. to Anna. Md.	7AM	
Oct 25 Sun	KEY SCHOOL RUN 10K	Hillsmere Shores	9AM	Ann Beach
Nov 8 Sun	SANDY POINT FUN RUN 2mi/5mile	Sandy Point State Park	10AM	Don Waddington
Nov 15 Sun	PREDICTED TIME 4 Mile Run 1Mile Fun Run	USNA Cross Country Course	10AM	
Nov 29 Sun	COLD TURKEY 20K #6 in Series	South River High Sch. Edgewater, Md.	10AM	
Dec 12 Sat	HALF MARATHON	Harwood, Md.	11AM	
Dec 27 Sun	ANNIVERSARY RUN 15K #7 in Series	USN ACADEMY	11AM	

# 185 MILES ! ? !

Interested in getting away from the Rat Race? Try a running vacation. There's a nearby national park that provides a mostly shaded, scenic, level trail that runs from Georgetown in Washington, D.C. to Cumberland, Md. With the exception of the first fifteen miles on the Washington D.C. end, there is a camp ground roughly every five miles with water and toilet facilities.

If you enjoy the company of birds, squirrels, rabbits, ducks, turtles and occasionally groundhogs and deer, and very few people, you'll like running along the C & O Canal Tow Path. (No motorized vehicles allowed) The path is accessible by automobile in enough locations to permit running it a segment at a time. Or, if you like a challenge, you can run the entire 184½ mile length at one time like two of your race directors just did.

At 7:40 am on Friday, April 24, 1981, Walt Eilers and Don Waddington left mile marker 184½ in Cumberland and set out for mile zero in Georgetown. The supporting crew consisted of Nancy Waddington and a german shepherd named Candida (Candy). After experimenting for a couple of days, the two runners settled into a walk/run routine that propelled them along at a steady 5-mile per hour pace with two and one half hour breaks at approximately the fifteen (15) and thirty (30) mile points each day. With this routine the two runners arrived at the start of the canal in Georgetown at 2:30 pm on April 28 with a total walk/run time of just under thirty seven hours.

If you would like to take a running trip, tips on diet, liquids and trail snacks are available. Just ask either Walt or Don.

# ANNAPOLIS 10K

We need more help for the 6th Annapolis Run 10-miler. Please complete this form and mail to:

Don Waddington  
932 Riverview Drive  
Edgewater, Md. 21037

Name \_\_\_\_\_

Phone (h) \_\_\_\_\_  
(w) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Please register me to work in the following capacities for the 6th Annapolis Ten Mile Run:

- mark/measure course
- solicit area merchants
- help with computer entries\*
- help with publicity
- provide lodging
- provide transportation
- prepare confirmation mail
- help at Spaghetti dinner
- help at registration
- help at Stadium (Sat.)
- water station
- monitor/traffic control
- course set-up
- first aid
- scoring
- pass out shorts
- clean-up detail
- parking before race
- parking after race
- help with results mail
- prerace logistics help
- help with thank you notes
- help deliver entry forms to running stores
- take entry forms to area races
- any basic work
- typing, key punch\*
- take 35mm photographs of all aspects of race

\* Help needed now! Call Hot Line leave name and telephone number. We need help day/eve on Sunday afternoons in May.

# 268-1165

THIS IS THE 24-HOUR PHONE NUMBER OF THE ANNAPOLIS STRIDERS.

USE IT FOR THE FOLLOWING :

- A. TO OBTAIN INFORMATION ABOUT UPCOMING EVENTS, RACES AND FUN RUNS.
- B. TO RECORD YOUR TIME FROM A RACE IN WHICH YOU PARTICIPATED FOR LISTING IN THE NEWSLETTER.
- C. TO MAKE A SUGGESTION OR TO REGISTER A COMPLAINT.
- D. TO VOLUNTEER YOUR SERVICES.
- E. TO OBTAIN FACTS ABOUT THE ORGANIZATION FOR NEW MEMBERS.
- F. TO RECEIVE RUNNING TIPS.
- G. TO MAKE OBSCENE, BUT ALWAYS RUNNING-RELATED, CALLS.

## APPLICATION FOR MEMBERSHIP DATE: \_\_\_\_\_

NAME \_\_\_\_\_

LAST FIRST INITIAL SEX

ADDRESS \_\_\_\_\_

STREET POST OFFICE ZIP DATE OF BIRTH

PHONE: \_\_\_\_\_

OCCUPATION HOME WORK SIGNATURE

Committee Preference: \_\_\_\_\_

DUES: Individual \$5.00  
Family \$9.00

Race/Run \_\_\_\_\_ Newsletter \_\_\_\_\_

[list complete info for each member]  
Full Time Student \$3.00

Property/Awards \_\_\_\_\_ Membership \_\_\_\_\_

[school: \_\_\_\_\_]  
T-shirts (circle size) \$4.00

Publicity \_\_\_\_\_ Clinics/Training \_\_\_\_\_

Male S M L XL

Female S M L XL

Child S M L

Other \_\_\_\_\_

Tank Tops (circle size) S M L \$6.50

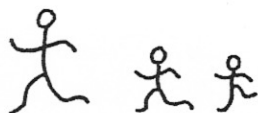
ANNAPOLIS STRIDERS, INC.  
P.O. Box 187  
Annapolis, Maryland 21404



\* Shirts are available at the Athlete's Foot 47 West Street, Annapolis, at most Strider functions, or by mail with a .75 per shirt postage charge



ANNAPOLIS STRIDERS



10K on FATHER'S DAY

4th LEG OF CLUB CHAMPIONSHIP SERIES

PLACE: Loch Haven Recreation Area

DATE: June 21, 1981 8:00 am

DIRECTIONS: Take Rt. 214 east from Rt. 2; 2 miles east of Rt. 2, turn left on Loch Haven Road (at Gulf Station); After 3/4's of a mile, turn left on Pocohantas Drive; Recreation Area is on the left just after turn.

REGISTRATION: Pre-registration, by mail, \$1.00 must be post-marked before June 15, 1981.  
Race day: 7-7:30 am  
\$2.00 for Striders & non-members

DIVISIONS: MEN: 14 and under; 15-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50 and over.  
WOMEN: 14 and under; 15-19; 20-29; 30-29; 40-49; 50 and over.

AWARDS: Prizes to oldest, youngest and fastest  
FATHER: certificates to division winners; drawing for prizes.

COURSE: 6.2 mile over rural/residential roads with a few hills.

RACE DIRECTOR: Orv Pratt, 798-4126  
ORV NEEDS VOLUNTEERS TO HELP WITH RACE.

-----  
ANNAPOLIS STRIDERS - 10K ON FATHER'S DAY (Co sponsored by Running Magazine)  
Sunday, June 21, 1981 8:00 AM  
Loch Haven Recreation Area  
\$1.00 pre-registration, post-marked by June 15, 1981

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_ W \_\_\_\_\_

MAKE CHECK PAYABLE TO: Annapolis Strider's, Inc. (mark F.D.R.) (FDR=Father's  
Mail to: Box 187, Annapolis, Md. 21404 Day Race)

# ANNAPOLIS STRIDERS

## second annual



SOUTH RIVER HIGH SCHOOL, EDGEWATER, MARYLAND

SUNDAY APRIL 5th, 2:00 PM

\*\*\*\*\*

- \* 2 Dollar Pre-Entry By Mail--Must Be Postmarked Before March 28th.
- \* 3 Dollar Entry Fee Race Day, Field Limited to the First 300 Entrants
- \* Cherry Pies to All Finishers!
- \* AWARDS: Trophy and T-Shirt to 1st Overall Male and Female. T-Shirts and Large, Home-Made Cherry Pies to the Top 3 in Each Category.

- \* DIVISIONS: MEN - 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and over. WOMEN - 14 and under; 15-19; 20-29; 30-39; 40-49; 50 and over.

- \* RANDOM DRAWINGS. NO REFUNDS.

Sanctioned By



- \* REGISTRATION -- 12:30-1:30 PM ; RACE STARTS -- 2:00 PM ; AWARDS AT 3:45 PM.

- \* 10 Mile course over country roads in southern Anne Arundel County. Course is secure, monitored, asphalt surfaced, and picturesque with a few hills.

- \* START AND FINISH AT SOUTH RIVER HIGH SCHOOL

- \* Directions: From the Annapolis area, take Rt.2 (Solomon's Island Rd.) south over the South River Bridge and take a left at the second light. The school is on your right after a quarter mile.

- \* OTHERS MAY HAVE THE BLOSSOMS BUT WE'VE GOT THE PITS !

Make checks payable to: Annapolis Striders, Inc.

Send to A.S.I., P.O.Box 187, Annapolis, MD 21404



Sex  
 M/F

Age / Race Day

Entry form must be filled out completely

Annapolis Striders Member

Yes  No

Last Name

First Name

M.I.

Number and Street

City

State

Zip Code

In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, and assigns, waive and release all causes of action and claims for damages against the Annapolis Striders, Inc., and each host, sponsor and promotor, their agents and successors, for injury or illness arising from or caused by my participation in this race. I further attest and affirm that I will participate in this event as a footrace entrant abiding by all rules of the event, that I am in proper physical condition to compete in this event, that I have sufficiently trained to complete this event, that I am an amateur runner. I grant permission to the Annapolis Striders and their assigns to utilize any photograph, video-tape, motion picture, recording or other record of my participation in this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature

if Entrant under 18: \_\_\_\_\_

## HOWARD COUNTY STRIDERS INC.

This year, the Howard County Striders are pleased to be hosting the Maryland/D.C. Club 10 mile Challenge Race on March 8 at 10:00 a.m. at the Physical Education Building, Howard Community College, Columbia, Maryland. The following clubs have indicated they will be participating in this event: DCRRRC, Baltimore RRC, Howard County Striders, Montgomery County RRC, Annapolis Striders, Westminster RRC, Frederick Steeplechasers, and the Hagerstown Run for Fun Club. The entry fee will be \$1.00 per person to help cover expenses. After the race, there will be refreshments; showers and locker rooms (for men and women) will be available. The course will be all on local roads and will be well marshalled.

This race is strictly a team event and we are requesting that only members of the above clubs participate. A large traveling trophy will be awarded to the winning club. In order for any club to score as a team, a minimum of 15 members will have to run the race. There is no maximum number of team runners. The scoring is as follows: Each club scores the same number of runners (the number of registrants from the smallest club team but at least 15). Their position places are added up and the club with the lowest score wins. All eligible runners from all teams count in the position standings. Of course, the more runners you have, the more you can affect the finishing position of runners from other clubs.

Registration will begin at 9:10 a.m. and each club should have a team captain there early to register his/her team. The awards ceremony will be held at 12:00 noon. Individual results will be posted just a few minutes after the runners have finished. If there are any further questions, please call Warren Ohlrich at 992-5800.

### Directions to Race:

Rt. 108 from West: East on 108 to Harpers Farm Road; right on Harpers Farm Road about 1 3/4 miles. Go straight across Little Patuxent Parkway at the third light and into Howard Community College entrance. Take first right around perimeter of parking lot to Physical Education Building.

Rt. 29 from North: Take Rt. 175 (Little Patuxent Parkway) west into Columbia, follow to Harpers Farm Road and turn left at light into College entrance, and same as above.

Rt. 29 from South. Take South Entrance Road (1st exit to Columbia North of Owen Brown Road) to first light (Little Patuxent Parkway). Turn left to Harpers Farm Road, left at light into College entrance and same as above.

See you March 8th,

Warren Ohlrich, Race Director  
Dave Tripp, President, Howard County Striders

P.S. Feel free to bring along your club race schedules or entry blanks for races. We're always glad to pass out entry blanks at our club store, FEET FIRST.

**STRIDERS:** We want as much participation in this as possible. You don't have to be fast! Call Mike VanBeuren 266-8125.